

# Pub & Social Core Menu Nutritional Information - Spring Summer 2024



## Key & Interpreting the data

The figures below highlight the nutrition values for each complete dish as listed on the menu.

The RI columns indicates the % of recommended Reference Intakes (RI) for an average adult (8400 KJ/ 2000 kcal per day) for each nutrient. They are based on official recommendations for an average adult, doing an average amount of physical activity. These are intended as a guide, not a target.

Figures are typical for that dish and may vary slightly as a result of manufacturing tolerances and cooking assembly.

Where there are options available, these will appear underneath the corresponding dish, please add the nutrition for the choice to the total dish.

Reference Intakes (RIs) of an average adult	
<i>Nutrient</i>	<i>Reference Intake</i>
Energy (kj/kcal)	8400kj / 2000kcal
Fat (g)	70g
Saturates (g)	20g
Carbohydrates (g)	260g
Sugars (g)	90g
Protein (g)	50g
Salt (g)	6g

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Pub & Social - SS24 Core Menu	Small Plates	Salt & Pepper Chili Chicken	1914	23%	457	23%	23.4	33%	3.3	16%	39.3	15%	7.1	8%	23.6	47%	4.96	83%
Pub & Social - SS24 Core Menu	Small Plates	Pulled Pork Tacos	1626	19%	389	19%	15.5	22%	4.8	24%	40.0	15%	14.0	16%	16.6	33%	1.42	24%
Pub & Social - SS24 Core Menu	Small Plates	Chicken Shawarma Tacos	1302	16%	311	16%	10.5	15%	4.4	22%	29.7	11%	3.5	4%	23.6	47%	1.81	30%
Pub & Social - SS24 Core Menu	Small Plates	Chicken Wings x8 - Please select your choice from the following:	2386	28%	569	28%	24.2	35%	7.8	39%	8.6	3%	0.3	0%	79.1	158%	3.40	57%
Pub & Social - SS24 Core Menu	Small Plates	Texan BBQ Sauce	377	4%	90	5%	0.0	0%	0.0	0%	17.0	7%	15.0	17%	1.0	2%	0.45	8%
Pub & Social - SS24 Core Menu	Small Plates	Eastcoast IPA Hotsauce	259	3%	62	3%	5.0	7%	3.0	15%	3.5	1%	2.5	3%	0.0	0%	2.45	41%
Pub & Social - SS24 Core Menu	Small Plates	Hot Honey	653	8%	156	8%	0.5	1%	0.0	0%	38.0	15%	38.0	42%	0.5	1%	0.00	0%
Pub & Social - SS24 Core Menu	Small Plates	Garlic and Rosemary Mayo	506	6%	121	6%	12.0	17%	3.5	18%	3.5	1%	1.0	1%	0.5	1%	0.00	0%
Pub & Social - SS24 Core Menu	Small Plates	Halloumi Fries	2109	25%	506	25%	31.8	45%	22.4	112%	23.0	9%	17.9	20%	32.9	66%	4.55	76%
Pub & Social - SS24 Core Menu	Small Plates	Corn Ribs	1376	16%	329	16%	18.9	27%	1.5	7%	29.4	11%	12.2	14%	9.1	18%	1.74	29%
Pub & Social - SS24 Core Menu	Small Plates	Chicken Strips x8 - Please select your choice from the following:	1801	21%	430	22%	22.7	32%	3.7	18%	28.5	11%	0.3	0%	29.9	60%	2.14	36%
Pub & Social - SS24 Core Menu	Small Plates	Texan BBQ Sauce	377	4%	90	5%	0.0	0%	0.0	0%	17.0	7%	15.0	17%	1.0	2%	0.45	8%
Pub & Social - SS24 Core Menu	Small Plates	Eastcoast IPA Hotsauce	259	3%	62	3%	5.0	7%	3.0	15%	3.5	1%	2.5	3%	0.0	0%	2.45	41%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Pub & Social - SS24 Core Menu	Small Plates	Hot Honey	653	8%	156	8%	0.5	1%	0.0	0%	38.0	15%	38.0	42%	0.5	1%	0.00	0%
Pub & Social - SS24 Core Menu	Small Plates	Garlic and Rosemary Mayo	506	6%	121	6%	12.0	17%	3.5	18%	3.5	1%	1.0	1%	0.5	1%	0.00	0%
Pub & Social - SS24 Core Menu	Get Sharing	Kilo Chicken Wings	9492	113%	2263	113%	101.6	145%	33.9	170%	54.2	21%	19.6	22%	278.4	557%	14.80	247%
Pub & Social - SS24 Core Menu	Get Sharing	Nachos Sharer	4924	59%	1177	59%	70.3	100%	35.8	179%	88.1	34%	19.0	21%	44.8	90%	5.99	100%
Pub & Social - SS24 Core Menu	Get Sharing	Tex Mex Sharer	7824	93%	1870	94%	98.2	140%	22.8	114%	175.0	67%	45.9	51%	65.4	131%	6.35	106%
Pub & Social - SS24 Core Menu	Get Sharing	Ultimate Sharer	7491	89%	1789	89%	79.8	114%	18.1	91%	176.5	68%	37.9	42%	89.5	179%	10.66	178%
Pub & Social - SS24 Core Menu	Loaded Fries	Katsu Chicken Fries	3942	47%	942	47%	56.4	81%	8.7	44%	84.4	32%	4.2	5%	26.3	53%	5.35	89%
Pub & Social - SS24 Core Menu	Loaded Fries	BBQ Cheese Fries	2266	27%	542	27%	24.4	35%	8.0	40%	67.6	26%	12.6	14%	9.2	18%	1.16	19%
Pub & Social - SS24 Core Menu	Loaded Fries	Cheese Burger Fries	2970	35%	710	36%	40.1	57%	13.0	65%	63.7	24%	6.7	7%	22.4	45%	2.90	48%
Pub & Social - SS24 Core Menu	Loaded Fries	Buffalo Fries	3533	42%	844	42%	48.9	70%	15.1	76%	73.3	28%	3.3	4%	27.8	56%	4.44	74%
Pub & Social - SS24 Core Menu	Loaded Fries	Trio of Fries - Please select your choice from the following:	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Pub & Social - SS24 Core Menu	Loaded Fries	Katsu Chicken Fries	4232	50%	1012	51%	60.5	86%	9.4	47%	90.6	35%	4.5	5%	28.3	57%	5.76	96%
Pub & Social - SS24 Core Menu	Loaded Fries	BBQ Cheese Fries	2258	27%	540	27%	24.3	35%	8.0	40%	67.3	26%	12.6	14%	9.2	18%	1.16	19%
Pub & Social - SS24 Core Menu	Loaded Fries	Smash Burger Fries	2446	29%	585	29%	32.3	46%	11.1	56%	53.3	21%	5.1	6%	19.1	38%	1.38	23%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Pub & Social - SS24 Core Menu	Loaded Fries	Buffalo Fries	3000	36%	717	36%	41.6	59%	12.8	64%	62.2	24%	2.8	3%	23.6	47%	3.78	63%
Pub & Social - SS24 Core Menu	Mains	Fish & Chips - Please select your choice from the following:	3809	45%	907	45%	39.4	56%	6.3	32%	93.8	36%	4.9	5%	40.4	81%	1.05	18%
Pub & Social - SS24 Core Menu	Mains	Garden Peas	295	4%	71	4%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%
Pub & Social - SS24 Core Menu	Mains	Mushy Peas	458	5%	110	5%	0.0	0%	0.0	0%	18.0	7%	1.5	2%	7.5	15%	0.75	13%
Pub & Social - SS24 Core Menu	Mains	Grilled Gammon	3978	47%	948	47%	38.3	55%	6.8	34%	92.1	35%	19.4	22%	53.8	108%	4.15	69%
Pub & Social - SS24 Core Menu	Mains	Hunter's Chicken	4059	48%	967	48%	30.0	43%	5.9	29%	109.5	42%	25.7	29%	55.4	111%	2.46	41%
Pub & Social - SS24 Core Menu	Mains	Lasagne	3239	39%	774	39%	34.1	49%	13.5	67%	58.5	23%	11.3	13%	30.3	61%	4.32	72%
Pub & Social - SS24 Core Menu	Mains	Lasagne - with Large Salad	2542	30%	607	30%	26.9	38%	10.6	53%	36.3	14%	13.8	15%	27.0	54%	3.81	64%
Pub & Social - SS24 Core Menu	Mains	Scampi & Chips - Please select your choice from the following:	4197	50%	1000	50%	46.0	66%	8.3	41%	117.2	45%	4.4	5%	24.4	49%	1.28	21%
Pub & Social - SS24 Core Menu	Mains	Garden Peas	295	4%	71	4%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%
Pub & Social - SS24 Core Menu	Mains	Mushy Peas	458	5%	110	5%	0.0	0%	0.0	0%	18.0	7%	1.5	2%	7.5	15%	0.75	13%
Pub & Social - SS24 Core Menu	Mains	Pulled Mushroom Chili	2829	34%	676	34%	32.9	47%	2.6	13%	74.2	29%	10.7	12%	15.8	32%	3.42	57%
Pub & Social - SS24 Core Menu	Mains	Katsu Chicken	5506	66%	1314	66%	64.8	93%	7.1	36%	134.3	52%	4.4	5%	50.3	101%	7.29	122%
Pub & Social - SS24 Core Menu	Mains	Crispy Salt N Pepper Chili Chicken	5347	64%	1274	64%	65.3	93%	6.0	30%	132.0	51%	11.0	12%	39.7	79%	9.36	156%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Pub & Social - SS24 Core Menu	Mains	Mac & Cheese	3116	37%	745	37%	30.0	43%	11.6	58%	95.6	37%	8.8	10%	25.7	51%	4.23	71%
Pub & Social - SS24 Core Menu	Mains	Mac & Cheese - with Large Salad	2419	29%	578	29%	22.8	33%	8.7	43%	73.3	28%	11.4	13%	22.3	45%	3.72	62%
Pub & Social - SS24 Core Menu	Mains	Hot Honey Halloumi Flatbread	3456	41%	826	41%	38.9	56%	20.6	103%	77.6	30%	29.0	32%	40.2	80%	3.33	56%
Pub & Social - SS24 Core Menu	Mains	Chicken Shawarma Flatbread	2522	30%	603	30%	26.5	38%	5.3	27%	59.7	23%	9.2	10%	30.5	61%	1.46	24%
Pub & Social - SS24 Core Menu	Burgers	Classic Beef Burger	5145	61%	1230	61%	59.9	86%	16.1	81%	123.2	47%	24.6	27%	44.7	89%	4.99	83%
Pub & Social - SS24 Core Menu	Burgers	Cheese & Bacon Smash Burger	5495	65%	1313	66%	66.9	96%	19.7	98%	123.6	48%	25.0	28%	49.5	99%	5.61	94%
Pub & Social - SS24 Core Menu	Burgers	Bacon & Blue Smash Burger	6204	74%	1483	74%	73.8	105%	23.4	117%	145.9	56%	45.4	50%	53.9	108%	5.76	96%
Pub & Social - SS24 Core Menu	Burgers	Beyond Meat Burger	5023	60%	1201	60%	60.2	86%	16.9	85%	122.8	47%	20.0	22%	36.9	74%	4.90	82%
Pub & Social - SS24 Core Menu	Burgers	Vegan Beyond Meat Burger	4508	54%	1075	54%	53.0	76%	14.1	71%	114.6	44%	13.9	15%	32.6	65%	5.43	91%
Pub & Social - SS24 Core Menu	Burgers	Buttermilk Chicken Burger	4584	55%	1096	55%	45.9	66%	8.6	43%	130.9	50%	19.2	21%	36.6	73%	3.67	61%
Pub & Social - SS24 Core Menu	Burgers	Hot Honey Chicken Burger	5826	69%	1392	70%	56.0	80%	12.4	62%	177.7	68%	65.5	73%	42.0	84%	4.38	73%
Pub & Social - SS24 Core Menu	From the Grill	8oz Rump	3687	44%	878	44%	38.6	55%	7.7	39%	83.9	32%	3.7	4%	45.9	92%	1.78	30%
Pub & Social - SS24 Core Menu	From the Grill	8oz Sirloin	3871	46%	922	46%	42.8	61%	9.9	49%	83.9	32%	3.7	4%	47.4	95%	1.80	30%
Pub & Social - SS24 Core Menu	From the Grill	Mixed Grill	6060	72%	1446	72%	65.8	94%	15.4	77%	107.4	41%	20.4	23%	102.3	205%	5.76	96%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Pub & Social - SS24 Core Menu	Pies	Beef & Ale Pie - Please select your choice from the following:	4197	50%	1003	50%	51.6	74%	24.2	121%	99.1	38%	9.6	11%	31.9	64%	4.99	83%
Pub & Social - SS24 Core Menu	Pies	<b>Chips</b>	1806	22%	428	21%	12.6	18%	0.0	0%	69.3	27%	0.0	0%	6.3	13%	0.21	4%
Pub & Social - SS24 Core Menu	Pies	<b>Mash</b>	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Pub & Social - SS24 Core Menu	Pies	Chicken & Ham Pie - Please select your choice from the following:	3652	43%	873	44%	47.3	68%	22.8	114%	50.9	20%	4.2	5%	57.4	115%	4.56	76%
Pub & Social - SS24 Core Menu	Pies	<b>Chips</b>	1806	22%	428	21%	12.6	18%	0.0	0%	69.3	27%	0.0	0%	6.3	13%	0.21	4%
Pub & Social - SS24 Core Menu	Pies	<b>Mash</b>	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Pub & Social - SS24 Core Menu	Goulash Sites	Hungarian Goulash 400g	4548	54%	1087	54%	46.9	67%	19.2	96%	93.8	36%	15.0	17%	66.5	133%	4.16	69%
Pub & Social - SS24 Core Menu	Goulash Sites	Hungarian Goulash 800g	9096	108%	2173	109%	93.9	134%	38.4	192%	187.5	72%	30.1	33%	132.9	266%	8.31	139%
Pub & Social - SS24 Core Menu	Goulash Sites	Veggie Hungarian Goulash 400g	3246	39%	776	39%	22.9	33%	7.2	36%	117.8	45%	27.0	30%	18.5	37%	2.56	43%
Pub & Social - SS24 Core Menu	Goulash Sites	Veggie Hungarian Goulash 800g	6493	77%	1552	78%	45.9	66%	14.4	72%	235.5	91%	54.1	60%	36.9	74%	5.11	85%
Pub & Social - SS24 Core Menu	The Ship Only	Chicken Parmo	5682	68%	1354	68%	66.3	95%	19.9	100%	124.7	48%	6.6	7%	59.9	120%	3.66	61%
Pub & Social - SS24 Core Menu	Sides	Chips	1806	22%	428	21%	12.6	18%	0.0	0%	69.3	27%	0.0	0%	6.3	13%	0.21	4%
Pub & Social - SS24 Core Menu	Sides	Rosemary Salted Skin on Fries	1594	19%	381	19%	18.0	26%	4.5	23%	49.5	19%	0.0	0%	4.5	9%	1.15	19%
Pub & Social - SS24 Core Menu	Sides	Buttered Mashed Potato	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Pub & Social - SS24 Core Menu	Sides	Buttered Baby Potatoes	1342	16%	321	16%	12.5	18%	7.5	38%	42.5	16%	2.5	3%	5.0	10%	0.25	4%
Pub & Social - SS24 Core Menu	Sides	Jacket Potato & Butter	1054	13%	252	13%	7.4	11%	4.4	22%	39.0	15%	4.0	4%	4.2	8%	0.18	3%
Pub & Social - SS24 Core Menu	Sides	Onion Rings	1492	18%	356	18%	19.4	28%	1.4	7%	32.5	12%	4.5	5%	14.8	30%	0.05	1%
Pub & Social - SS24 Core Menu	Sides	Garlic Bread	1883	22%	450	23%	21.1	30%	6.5	32%	54.2	21%	2.4	3%	9.1	18%	1.19	20%
Pub & Social - SS24 Core Menu	Sides	Cheesy Garlic Bread	2430	29%	581	29%	31.1	44%	12.9	64%	54.6	21%	2.4	3%	19.5	39%	1.83	31%
Pub & Social - SS24 Core Menu	Sides	Dressed Mixed Salad	231	3%	55	3%	3.4	5%	0.3	2%	4.4	2%	3.6	4%	1.0	2%	0.10	2%
Pub & Social - SS24 Core Menu	Sides	Cauliflower Cheese	1854	22%	443	22%	33.3	48%	18.0	90%	13.3	5%	7.8	9%	21.5	43%	1.68	28%
Pub & Social - SS24 Core Menu	Sides	Seasonal Vegetables	569	7%	136	7%	8.5	12%	5.0	25%	9.4	4%	7.0	8%	4.3	9%	0.23	4%
Pub & Social - SS24 Core Menu	Sides	Vegan Chips	1789	21%	424	21%	12.6	18%	2.1	11%	75.6	29%	0.0	0%	6.3	13%	1.05	18%
Pub & Social - SS24 Core Menu	Extras	Lunch Chips	1806	22%	428	21%	12.6	18%	0.0	0%	69.3	27%	0.0	0%	6.3	13%	0.21	4%
Pub & Social - SS24 Core Menu	Extras	Bloomer Bread & Butter - Please select your choice from the following:	242	3%	58	3%	6.4	9%	4.2	21%	0.0	0%	0.0	0%	0.0	0%	0.16	3%
Pub & Social - SS24 Core Menu	Extras	White Bloomer	1553	18%	371	19%	3.2	5%	1.6	8%	73.6	28%	0.0	0%	9.6	19%	1.44	24%
Pub & Social - SS24 Core Menu	Extras	Malted Bloomer	1633	19%	390	20%	3.2	5%	1.6	8%	72.0	28%	1.6	2%	16.0	32%	1.44	24%
Pub & Social - SS24 Core Menu	Extras	Extra Custard	653	8%	156	8%	4.5	6%	3.0	15%	24.0	9%	16.5	18%	4.5	9%	0.15	3%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Pub & Social - SS24 Core Menu	Extras	Steak Double Up (8oz Rump)	1335	16%	319	16%	19.3	28%	7.2	36%	2.1	1%	0.8	1%	34.1	68%	1.54	26%
Pub & Social - SS24 Core Menu	Extras	Steak Double Up (8oz Sirloin)	1520	18%	363	18%	23.5	34%	9.3	47%	2.1	1%	0.8	1%	35.6	71%	1.56	26%
Pub & Social - SS24 Core Menu	Extras	Extra Grated Cheese	684	8%	164	8%	12.5	18%	8.0	40%	0.5	0%	0.0	0%	13.0	26%	0.80	13%
Pub & Social - SS24 Core Menu	Extras	Extra Burger Cheese Slice	165	2%	39	2%	3.1	4%	2.0	10%	0.4	0%	0.4	0%	2.4	5%	0.40	7%
Pub & Social - SS24 Core Menu	Extras	Extra Vegan Cheese Slice	240	3%	57	3%	4.6	7%	4.2	21%	4.0	2%	0.0	0%	0.0	0%	0.46	8%
Pub & Social - SS24 Core Menu	Extras	Extra Yorkshire Pudding	479	6%	115	6%	2.5	4%	0.5	2%	16.8	6%	1.0	1%	5.5	11%	0.30	5%
Pub & Social - SS24 Core Menu	Extras	Extra Sausage	466	6%	111	6%	7.8	11%	3.0	15%	4.0	2%	1.4	2%	6.0	12%	0.51	9%
Pub & Social - SS24 Core Menu	Extras	Extra BBQ Sauce	377	4%	90	5%	0.0	0%	0.0	0%	17.0	7%	15.0	17%	1.0	2%	0.45	8%
Pub & Social - SS24 Core Menu	Extras	Extra East Coast IPA	259	3%	62	3%	5.0	7%	3.0	15%	3.5	1%	2.5	3%	0.0	0%	2.45	41%
Pub & Social - SS24 Core Menu	Extras	Extra Garlic Mayo	506	6%	121	6%	12.0	17%	3.5	18%	3.5	1%	1.0	1%	0.5	1%	0.00	0%
Pub & Social - SS24 Core Menu	Extras	Extra Napolitana Sauce	147	2%	35	2%	1.3	2%	0.2	1%	3.6	1%	3.0	3%	1.4	3%	0.48	8%
Pub & Social - SS24 Core Menu	Extras	Extra Smoked Streaky Bacon	185	2%	44	2%	3.8	5%	1.5	8%	0.0	0%	0.0	0%	2.4	5%	0.22	4%
Pub & Social - SS24 Core Menu	Extras	Extra Baked Beans	360	4%	86	4%	0.0	0%	0.0	0%	15.0	6%	6.0	7%	4.0	8%	0.80	13%
Pub & Social - SS24 Core Menu	Extras	Extra Gravy	101	1%	24	1%	1.0	1%	0.0	0%	4.0	2%	0.0	0%	0.0	0%	1.20	20%



Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Pub & Social - SS24 Core Menu	Extras	Extra Pineapple	263	3%	63	3%	0.5	1%	0.0	0%	13.4	5%	13.4	15%	0.5	1%	0.01	0%
Pub & Social - SS24 Core Menu	Extras	Extra Clotted Cream Ice Cream	527	6%	126	6%	7.1	10%	4.3	21%	12.4	5%	12.4	14%	2.9	6%	0.11	2%
Pub & Social - SS24 Core Menu	Extras	Extra Sunday Roast Potatoes	1749	21%	418	21%	31.5	45%	9.0	45%	33.0	13%	1.5	2%	6.0	12%	1.50	25%
Pub & Social - SS24 Core Menu	Extras	Extra Pig In Blanket	459	5%	110	5%	10.2	15%	3.7	18%	0.9	0%	0.1	0%	3.5	7%	0.47	8%
Pub & Social - SS24 Core Menu	Extras	Extra Scampi †	1111	13%	266	13%	14.4	21%	4.3	22%	23.9	9%	0.9	1%	9.7	19%	0.60	10%
Pub & Social - SS24 Core Menu	Extras	Extra Chicken Breast	685	8%	164	8%	1.8	3%	0.6	3%	2.1	1%	0.6	1%	34.7	69%	0.95	16%
Pub & Social - SS24 Core Menu	Extras	Extra Tortillas	696	8%	166	8%	4.3	6%	1.8	9%	26.5	10%	1.5	2%	4.1	8%	0.42	7%
Pub & Social - SS24 Core Menu	Extras	Extra Buttered Seasonal Vegetables	569	7%	136	7%	8.5	12%	5.0	25%	9.4	4%	7.0	8%	4.3	9%	0.23	4%
Pub & Social - SS24 Core Menu	Extras	Extra Peas	295	4%	71	4%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%
Pub & Social - SS24 Core Menu	Extras	Extra Curry Sauce	590	7%	141	7%	11.8	17%	0.9	5%	8.2	3%	2.0	2%	1.2	2%	1.83	31%
Pub & Social - SS24 Core Menu	Extras	Extra Rich Gravy	121	1%	29	1%	1.0	1%	1.0	5%	4.0	2%	0.0	0%	1.0	2%	1.50	25%
Pub & Social - SS24 Core Menu	Toppers & Sauces	Burger Topper - Extra Buttermilk Chicken Burger	1157	14%	276	14%	14.6	21%	2.4	12%	18.2	7%	0.0	0%	19.2	38%	1.39	23%
Pub & Social - SS24 Core Menu	Toppers & Sauces	Burger Topper - Extra 3oz Smash Beef Burger	786	9%	188	9%	12.9	18%	4.9	24%	4.2	2%	2.3	3%	13.5	27%	0.70	12%
Pub & Social - SS24 Core Menu	Toppers & Sauces	Burger Topper - Extra Beyond Burger	1210	14%	289	14%	21.5	31%	6.3	32%	4.0	2%	0.0	0%	19.2	38%	0.85	14%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Pub & Social - SS24 Core Menu	Toppers & Sauces	Nachos Sharer Topper - BBQ Pulled Pork	1361	16%	325	16%	16.5	24%	4.5	23%	19.5	8%	18.0	20%	18.0	36%	1.50	25%
Pub & Social - SS24 Core Menu	Toppers & Sauces	Burger Topper - Smoked Streaky Bacon	185	2%	44	2%	3.8	5%	1.5	8%	0.0	0%	0.0	0%	2.4	5%	0.22	4%
Pub & Social - SS24 Core Menu	Toppers & Sauces	Burger Topper - BBQ Pulled Pork	681	8%	163	8%	8.3	12%	2.3	11%	9.8	4%	9.0	10%	9.0	18%	0.75	13%
Pub & Social - SS24 Core Menu	Toppers & Sauces	Burger Topper - Cheese Slice	165	2%	39	2%	3.1	4%	2.0	10%	0.4	0%	0.4	0%	2.4	5%	0.40	7%
Pub & Social - SS24 Core Menu	Toppers & Sauces	Burger Topper - Vegan Cheese Slice	240	3%	57	3%	4.6	7%	4.2	21%	4.0	2%	0.0	0%	0.0	0%	0.46	8%
Pub & Social - SS24 Core Menu	Toppers & Sauces	Burger Topper - Free Range Fried Egg	607	7%	146	7%	11.5	16%	2.5	12%	0.0	0%	0.0	0%	10.7	21%	0.31	5%
Pub & Social - SS24 Core Menu	Toppers & Sauces	Steak Sauce - Creamy Peppercorn & Brandy	433	5%	104	5%	6.5	9%	4.4	22%	5.7	2%	2.8	3%	0.9	2%	0.88	15%
Pub & Social - SS24 Core Menu	Toppers & Sauces	Extra Sauce - Merlot & Beef Dripping Gravy	220	3%	53	3%	2.1	3%	1.1	6%	4.1	2%	1.8	2%	1.1	2%	0.83	14%
Pub & Social - SS24 Core Menu	Toppers & Sauces	Steak Sauce - Garlic & Mushroom	527	6%	126	6%	10.6	15%	4.1	20%	4.7	2%	2.0	2%	1.4	3%	0.86	14%
Pub & Social - SS24 Core Menu	Toppers & Sauces	Steak Topper - Free Range Fried Egg	607	7%	146	7%	11.5	16%	2.5	12%	0.0	0%	0.0	0%	10.7	21%	0.31	5%
Pub & Social - SS24 Core Menu	Toppers & Sauces	Steak Topper - Whitby Scampi	1111	13%	266	13%	14.4	21%	4.3	22%	23.9	9%	0.9	1%	9.7	19%	0.60	10%
Pub & Social - SS24 Core Menu	Traditional Roasts	Sunday Roast - Roasted Turkey Breast	4984	59%	1188	59%	63.8	91%	22.3	111%	80.4	31%	13.1	15%	78.7	157%	4.38	73%
Pub & Social - SS24 Core Menu	Traditional Roasts	Sunday Roast - Sirloin Of Roast Beef	5180	62%	1238	62%	82.5	118%	32.5	162%	80.4	31%	13.1	15%	46.4	93%	4.21	70%
Pub & Social - SS24 Core Menu	Traditional Roasts	Sunday Roast - Turkey & Beef Duo	5082	60%	1213	61%	73.1	104%	27.4	137%	80.4	31%	13.1	15%	62.6	125%	4.29	72%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Pub & Social - SS24 Core Menu	Traditional Roasts	Sunday Roast - Beetroot, Sweet Potato & Butternut Squash Tart	5322	63%	1272	64%	73.9	106%	25.6	128%	123.9	48%	19.4	22%	29.8	60%	5.95	99%
Pub & Social - SS24 Core Menu	Traditional Roasts	Sunday Roast Kids - Sirloin of Roast Beef	2871	34%	686	34%	42.6	61%	16.8	84%	50.4	19%	6.9	8%	26.2	52%	2.99	50%
Pub & Social - SS24 Core Menu	Traditional Roasts	Sunday Roast Kids - Turkey	2773	33%	661	33%	33.3	48%	11.7	59%	50.4	19%	6.9	8%	42.4	85%	3.07	51%
Pub & Social - SS24 Core Menu	Traditional Roasts	Sunday Roast Kids - Mac Cheese	3128	37%	747	37%	37.0	53%	13.9	69%	82.4	32%	8.9	10%	25.0	50%	4.37	73%
Pub & Social - SS24 Core Menu	Traditional Roasts	Sunday Roast Seniors - Roast Turkey	2773	33%	661	33%	33.3	48%	11.7	59%	50.4	19%	6.9	8%	42.4	85%	3.07	51%
Pub & Social - SS24 Core Menu	Traditional Roasts	Sunday Roast Seniors - Sirloin of Roast Beef	2871	34%	686	34%	42.6	61%	16.8	84%	50.4	19%	6.9	8%	26.2	52%	2.99	50%
Pub & Social - SS24 Core Menu	Traditional Roasts	Sunday Roast Seniors - Beetroot, Sweet Potato & Butternut Squash Tart	3707	44%	886	44%	47.6	68%	15.9	80%	93.9	36%	13.2	15%	19.8	40%	4.82	80%
Pub & Social - SS24 Core Menu	Ciabattas, Wraps & Lunch Burger	Sweet Chili Chicken - Please select your choice from the following:	1258	15%	300	15%	16.1	23%	2.9	15%	19.8	8%	13.9	15%	20.1	40%	1.45	24%
Pub & Social - SS24 Core Menu	Ciabattas, Wraps & Lunch Burger	Ciabatta	926	11%	221	11%	1.4	2%	0.3	1%	44.4	17%	3.6	4%	6.6	13%	0.95	16%
Pub & Social - SS24 Core Menu	Ciabattas, Wraps & Lunch Burger	Tortilla	948	11%	227	11%	6.2	9%	2.3	12%	36.4	14%	2.1	2%	6.4	13%	0.71	12%
Pub & Social - SS24 Core Menu	Ciabattas, Wraps & Lunch Burger	Steak & Cheese - Please select your choice from the following:	1300	15%	311	16%	22.0	31%	8.2	41%	5.8	2%	4.2	5%	22.7	45%	1.61	27%
Pub & Social - SS24 Core Menu	Ciabattas, Wraps & Lunch Burger	Ciabatta	926	11%	221	11%	1.4	2%	0.3	1%	44.4	17%	3.6	4%	6.6	13%	0.95	16%
Pub & Social - SS24 Core Menu	Ciabattas, Wraps & Lunch Burger	Tortilla	948	11%	227	11%	6.2	9%	2.3	12%	36.4	14%	2.1	2%	6.4	13%	0.71	12%
Pub & Social - SS24 Core Menu	Ciabattas, Wraps & Lunch Burger	Buttermilk Chicken, Bacon & Mayo - Please select your choice from the following:	1621	19%	387	19%	24.6	35%	5.7	28%	20.6	8%	0.9	1%	22.3	45%	1.61	27%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Pub & Social - SS24 Core Menu	Ciabattas, Wraps & Lunch Burger	Ciabatta	926	11%	221	11%	1.4	2%	0.3	1%	44.4	17%	3.6	4%	6.6	13%	0.95	16%
Pub & Social - SS24 Core Menu	Ciabattas, Wraps & Lunch Burger	Tortilla	948	11%	227	11%	6.2	9%	2.3	12%	36.4	14%	2.1	2%	6.4	13%	0.71	12%
Pub & Social - SS24 Core Menu	Ciabattas, Wraps & Lunch Burger	Plant Based Meatball Marinara - Please select your choice from the following:	1844	22%	441	22%	33.5	48%	11.1	55%	12.3	5%	3.4	4%	20.9	42%	1.90	32%
Pub & Social - SS24 Core Menu	Ciabattas, Wraps & Lunch Burger	Ciabatta	926	11%	221	11%	1.4	2%	0.3	1%	44.4	17%	3.6	4%	6.6	13%	0.95	16%
Pub & Social - SS24 Core Menu	Ciabattas, Wraps & Lunch Burger	Tortilla	948	11%	227	11%	6.2	9%	2.3	12%	36.4	14%	2.1	2%	6.4	13%	0.71	12%
Pub & Social - SS24 Core Menu	Ciabattas, Wraps & Lunch Burger	3oz Cheese Smash Burger (Lunch)	2076	25%	496	25%	23.0	33%	8.1	41%	47.1	18%	11.6	13%	23.6	47%	1.94	32%
Pub & Social - SS24 Core Menu	Ciabattas, Wraps & Lunch Burger	Sunday Beef - Please select your choice from the following:	2107	25%	504	25%	42.6	61%	17.2	86%	2.0	1%	1.2	1%	29.6	59%	0.39	7%
Pub & Social - SS24 Core Menu	Ciabattas, Wraps & Lunch Burger	Ciabatta	926	11%	221	11%	1.4	2%	0.3	1%	44.4	17%	3.6	4%	6.6	13%	0.95	16%
Pub & Social - SS24 Core Menu	Ciabattas, Wraps & Lunch Burger	Tortilla	948	11%	227	11%	6.2	9%	2.3	12%	36.4	14%	2.1	2%	6.4	13%	0.71	12%
Pub & Social - SS24 Core Menu	Ciabattas, Wraps & Lunch Burger	Sunday Turkey - Please select your choice from the following:	1424	17%	338	17%	13.6	19%	2.1	11%	2.0	1%	0.8	1%	53.0	106%	0.54	9%
Pub & Social - SS24 Core Menu	Ciabattas, Wraps & Lunch Burger	Ciabatta	926	11%	221	11%	1.4	2%	0.3	1%	44.4	17%	3.6	4%	6.6	13%	0.95	16%
Pub & Social - SS24 Core Menu	Ciabattas, Wraps & Lunch Burger	Tortilla	948	11%	227	11%	6.2	9%	2.3	12%	36.4	14%	2.1	2%	6.4	13%	0.71	12%
Pub & Social - SS24 Core Menu	Ciabattas, Wraps & Lunch Burger	Fish Finger - Please select your choice from the following:	1825	22%	436	22%	27.8	40%	2.6	13%	30.6	12%	5.1	6%	16.6	33%	1.07	18%
Pub & Social - SS24 Core Menu	Ciabattas, Wraps & Lunch Burger	Ciabatta	926	11%	221	11%	1.4	2%	0.3	1%	44.4	17%	3.6	4%	6.6	13%	0.95	16%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Pub & Social - SS24 Core Menu	Ciabattas, Wraps & Lunch Burger	<b>Tortilla</b>	948	11%	227	11%	6.2	9%	2.3	12%	36.4	14%	2.1	2%	6.4	13%	0.71	12%
Pub & Social - SS24 Core Menu	Ciabattas, Wraps & Lunch Burger	Hot Honey Halloumi - Please select your choice from the following:	2303	27%	550	28%	36.4	52%	18.6	93%	26.2	10%	25.2	28%	29.8	60%	3.30	55%
Pub & Social - SS24 Core Menu	Ciabattas, Wraps & Lunch Burger	<b>Ciabatta</b>	926	11%	221	11%	1.4	2%	0.3	1%	44.4	17%	3.6	4%	6.6	13%	0.95	16%
Pub & Social - SS24 Core Menu	Ciabattas, Wraps & Lunch Burger	<b>Tortilla</b>	948	11%	227	11%	6.2	9%	2.3	12%	36.4	14%	2.1	2%	6.4	13%	0.71	12%
Pub & Social - SS24 Core Menu	Scottish Dishes	Lentil Soup	2121	25%	507	25%	12.7	18%	5.3	26%	75.6	29%	14.8	16%	16.2	32%	2.56	43%
Pub & Social - SS24 Core Menu	Scottish Dishes	Haggis Fritters (Scotland)	1687	20%	403	20%	23.5	34%	7.3	36%	34.1	13%	17.7	20%	10.6	21%	1.69	28%
Pub & Social - SS24 Core Menu	Scottish Dishes	Fish & Chips (Scotland) - Please select your choice from the following:	4004	48%	955	48%	45.6	65%	7.6	38%	89.3	34%	2.9	3%	42.7	85%	0.99	17%
Pub & Social - SS24 Core Menu	Scottish Dishes	<b>Garden Peas</b>	295	4%	71	4%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%
Pub & Social - SS24 Core Menu	Scottish Dishes	<b>Mushy Peas</b>	458	5%	110	5%	0.0	0%	0.0	0%	18.0	7%	1.5	2%	7.5	15%	0.75	13%
Pub & Social - SS24 Core Menu	Scottish Dishes	Peppered Mushroom Pie (Scotland) - Please select your choice from the following:	2398	29%	573	29%	41.9	60%	14.5	72%	31.7	12%	7.8	9%	11.4	23%	2.40	40%
Pub & Social - SS24 Core Menu	Scottish Dishes	<b>Chips</b>	1806	22%	428	21%	12.6	18%	0.0	0%	69.3	27%	0.0	0%	6.3	13%	0.21	4%
Pub & Social - SS24 Core Menu	Scottish Dishes	<b>Mash</b>	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Pub & Social - SS24 Core Menu	Scottish Dishes	Belhaven Steak & Ale Pie (Scotland) - Please select your choice from the following:	2919	35%	698	35%	43.4	62%	19.4	97%	28.5	11%	7.5	8%	48.1	96%	3.32	55%
Pub & Social - SS24 Core Menu	Scottish Dishes	<b>Chips</b>	1806	22%	428	21%	12.6	18%	0.0	0%	69.3	27%	0.0	0%	6.3	13%	0.21	4%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Pub & Social - SS24 Core Menu	Scottish Dishes	Mash	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Pub & Social - SS24 Core Menu	Scottish Dishes	Chicken, Bacon & Leek Pie (Scotland) - Please select your choice from the following:	2778	33%	664	33%	40.8	58%	20.6	103%	38.1	15%	9.9	11%	34.0	68%	4.07	68%
Pub & Social - SS24 Core Menu	Scottish Dishes	Chips	1806	22%	428	21%	12.6	18%	0.0	0%	69.3	27%	0.0	0%	6.3	13%	0.21	4%
Pub & Social - SS24 Core Menu	Scottish Dishes	Mash	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Pub & Social - SS24 Core Menu	Scottish Dishes	Balmoral Smash Burger (Scotland)	6507	77%	1555	78%	81.9	117%	29.2	146%	137.6	53%	27.8	31%	56.9	114%	6.00	100%
Pub & Social - SS24 Core Menu	Scottish Dishes	Mac & Cheese (Scotland)	3817	45%	912	46%	50.0	71%	23.6	118%	83.6	32%	12.8	14%	25.7	51%	3.49	58%
Pub & Social - SS24 Core Menu	Scottish Dishes	Mac & Cheese - with Large Salad	3120	37%	746	37%	42.8	61%	20.7	103%	61.3	24%	15.4	17%	22.3	45%	2.98	50%
Pub & Social - SS24 Core Menu	Scottish Dishes	Sunday Roast Kids - Mac Cheese (Scotland)	3478	41%	831	42%	47.0	67%	19.9	99%	76.4	29%	10.9	12%	25.0	50%	4.00	67%
Pub & Social - SS24 Core Menu	Scottish Dishes	Steak Topper - Haggis (Scotland)	725	9%	173	9%	11.3	16%	5.3	26%	10.5	4%	0.8	1%	6.8	14%	0.83	14%
Pub & Social - SS24 Core Menu	Scottish Dishes	Haggis, Neeps & Tatties Small	1890	22%	451	23%	25.6	37%	13.3	66%	36.7	14%	8.6	10%	13.5	27%	2.67	45%
Pub & Social - SS24 Core Menu	Scottish Dishes	Haggis, Neeps & Tatties	3569	42%	852	43%	50.6	72%	26.3	131%	67.7	26%	14.6	16%	25.5	51%	4.57	76%
Pub & Social - SS24 Core Menu	Scottish Dishes	Balmoral Chicken	3986	47%	952	48%	43.9	63%	22.4	112%	74.3	29%	20.1	22%	57.1	114%	4.96	83%
Pub & Social - SS24 Core Menu	Scottish Dishes	8oz Balmoral Rump Steak	4835	58%	1151	58%	47.4	68%	11.9	59%	100.1	39%	7.1	8%	73.5	147%	3.68	61%
Pub & Social - SS24 Core Menu	Desserts	Jam Roly Poly Pudding	2663	32%	636	32%	22.2	32%	12.5	62%	100.2	39%	58.2	65%	7.9	16%	0.33	6%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Pub & Social - SS24 Core Menu	Desserts	Chocolate Lava Cookie	2734	33%	653	33%	32.7	47%	16.8	84%	80.3	31%	56.2	62%	7.5	15%	0.21	4%
Pub & Social - SS24 Core Menu	Desserts	Caramelised Biscuit Cheesecake	2411	29%	576	29%	35.5	51%	19.0	95%	59.2	23%	41.0	46%	4.8	10%	0.57	10%
Pub & Social - SS24 Core Menu	Desserts	White Chocolate and Raspberry Blondie	2436	29%	582	29%	28.4	41%	16.6	83%	74.2	29%	52.7	59%	6.9	14%	0.42	7%
Pub & Social - SS24 Core Menu	Desserts	Triple Chocolate Brownie	3054	36%	730	36%	33.4	48%	17.7	88%	92.8	36%	67.8	75%	11.4	23%	0.46	8%
Pub & Social - SS24 Core Menu	Desserts	Ice Cream Choice - Please select your choice from the following:	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Pub & Social - SS24 Core Menu	Desserts	Chocolate Ice Cream	472	6%	113	6%	5.1	7%	2.5	13%	14.5	6%	14.3	16%	2.2	4%	0.08	1%
Pub & Social - SS24 Core Menu	Desserts	Classic Jersey Clotted Cream Ice Cream	527	6%	126	6%	7.1	10%	4.3	21%	12.4	5%	12.4	14%	2.9	6%	0.11	2%
Pub & Social - SS24 Core Menu	Desserts	Lemon Sorbet	357	4%	85	4%	0.1	0%	0.0	0%	20.8	8%	16.8	19%	0.1	0%	0.00	0%
Pub & Social - SS24 Core Menu	Desserts	Yoghurt Strawberry	370	4%	88	4%	1.3	2%	0.8	4%	17.3	7%	15.2	17%	1.7	3%	0.05	1%
Pub & Social - SS24 Core Menu	Desserts	Ice Cream - Vegan	472	6%	113	6%	5.5	8%	4.8	24%	13.5	5%	9.1	10%	0.6	1%	0.02	0%
Pub & Social - SS24 Core Menu	Desserts	Chocolate Sauce	115	1%	28	1%	0.1	0%	0.1	1%	6.3	2%	4.7	5%	0.3	1%	0.00	0%
Pub & Social - SS24 Core Menu	Desserts	Strawberry Sauce	132	2%	32	2%	0.0	0%	0.0	0%	7.9	3%	7.5	8%	0.0	0%	0.00	0%
Pub & Social - SS24 Core Menu	Desserts	Raspberry Coulis	67	1%	16	1%	0.1	0%	0.0	0%	3.9	2%	3.4	4%	0.0	0%	0.00	0%
Pub & Social - SS24 Core Menu	Desserts	Mini Pudding - Please select your choice from the following:	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Pub & Social - SS24 Core Menu	Desserts	Mini Triple Chocolate Brownie	1167	14%	279	14%	11.7	17%	6.4	32%	38.0	15%	27.0	30%	4.0	8%	0.12	2%
Pub & Social - SS24 Core Menu	Desserts	Mini Blondie	1060	13%	253	13%	12.2	17%	7.5	37%	32.4	12%	23.5	26%	3.3	7%	0.20	3%
Pub & Social - SS24 Core Menu	Desserts	Chocolate Lava Cookie	2695	32%	644	32%	30.9	44%	17.2	86%	83.0	32%	55.7	62%	4.8	10%	0.12	2%
Pub & Social - SS24 Core Menu	Desserts	Caramelised Biscuit Cheesecake	2355	28%	563	28%	33.8	48%	19.5	98%	60.3	23%	37.7	42%	2.4	5%	0.48	8%